

GUAM

WIC SHOPPING GUIDE

Standard Food Package

POSTPARTUM WOMEN (UP TO 6 MONTHS)

&

**LESS THAN “PARTIALLY BREASTFEEDING” WOMEN
(UP TO 6 MONTHS)**

~~~~~

**NON-BREASTFEEDING INFANTS  
(6-11 MONTHS OLD)**




A Healthy Foundation for Life

## Before You Shop:

- Check your refrigerator temperature (35-40° Fahrenheit) and that there's enough storage space.
- Make a shopping list for items you plan to buy to resist impulse shopping.
- **Do NOT sign your WIC checks before going to the store.** Look at the “**First Date to Use**” and the “**Last Date to Use**” printed on your WIC checks to make sure you are taking the right checks to the store.
- Plan what fruits and vegetables to buy with your Fruit/Vegetable check (Cash Value Vouchers or CVVs).
- Locate the WIC authorized vendors in your area by using the **WIC Authorized Vendor List** provided at the WIC clinic.
- Bring your **WIC ID Card**, **WIC checks**, **Guam WIC Shopping Guide**, and your **own shopping list** to the store. If you are a Proxy, you must bring the **WIC ID Card**, your **Proxy Card**, and your **valid photo identification card**.

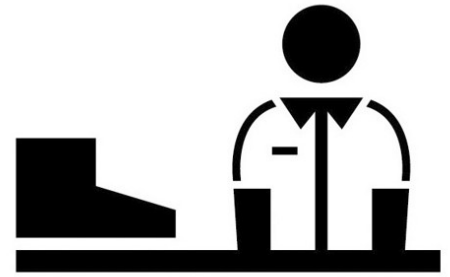
## While Shopping:

- Read your WIC checks so that you only buy authorized food items. You can only buy food items listed on your WIC checks. No substitutions can be made. Buy store or generic brands when possible.
  - Use this Guam WIC Shopping Guide to help you choose WIC approved foods and the correct package sizes.
  - Look for the **WIC APPROVED** labels on the store shelves to help you find approved foods.
- 
- You should buy all the foods listed on your WIC checks. Once the WIC check is redeemed, the foods that you did not get cannot be redeemed later.
  - Do not buy foods that are close to being out-of-date/expired or are damaged. Contact the WIC Vendor Management Coordinator (475-0291 or 687-7905) if you have any problems with a vendor. Contact the store manager if you have a problem with the quality of any foods.
  - In the produce section, take time to weigh the fresh fruits and vegetables and calculate prices so you will know how much they will cost. You will need to pay for the amount that is more than what's indicated on the WIC check.
  - If you cannot find what you are looking for, ask store staff for help. If the store does not have all the WIC foods listed on your WIC checks, you may go to another WIC authorized vendor or return when the store has all the WIC foods listed on your WIC checks. Please contact the WIC Vendor Management section at 475-0300, 475-0291 (or 687-7095), or 475-0292 if you have problems with the WIC foods or the WIC authorized vendors.
  - Before checking out, review your WIC checks and WIC foods to know you have the correct items.



### At Checkout:

- Tell the cashier you will be using WIC checks.
- Separate your WIC items from other items you plan to buy.
- Before you sign the WIC check, make sure that the right date is written on the check and the total price on the cash register matches the total price written on the check. If it matches, sign the check the same way you signed your WIC ID Card (or the signature on the Proxy Card for Proxies).
- Fruit/Vegetable checks have a printed dollar value. If your fruits and vegetables cost more than the amount on the check, you can pay the extra amount.
- No cash change will be given from any WIC transaction.
- Keep receipts for your records. WIC items may not be returned to the store for cash, credit, or be exchanged for non-WIC foods. Defective items may be replaced according to the vendor's policy for replacement.



### When Home:

- Properly store foods to keep them fresh.
- Keep a refrigerator thermometer in your fridge (40°F or below) and freezer (0°F or below) to make sure it's at the correct temperature.
- If you are still having issues with your refrigerator temperature, contact your WIC nutrition counselor for more information.
- Receiving WIC food benefits makes you responsible to prepare healthy and nutritious meals for yourself and/or your children.



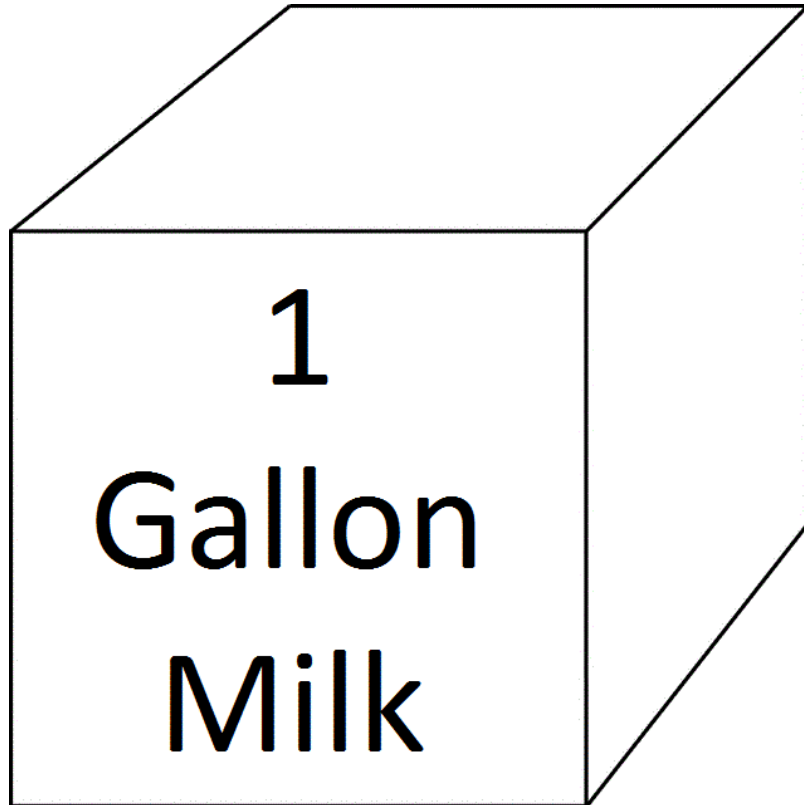
# **NOTICE:**

**Keep your WIC checks in a safe place. Treat them as if they were cash. Lost or stolen WIC checks WILL NOT be replaced!**

**Report any stolen WIC checks to your WIC clinic as soon as possible!**

Tiyan: 475-0295/6  
Dededo: 635-7471/2  
Mangilao: 735-7180/1  
Santa Rita: 565-3537  
Inarajan: 828-7550

# MILK



4 gallon containers total/month

**1% FAT (LOW FAT MILK) OR 0% FAT (NON FAT MILK):**

1 gallon

Brands allowed:

*Devondale* (1% low fat milk only)

*Hershey's*

# DRY BEANS or PEANUT BUTTER



OR



**One pound (16 oz.) dry beans total/month  
OR**

**One jar (16-18 oz.) peanut butter total/month**

## **DRY BEANS:**

16 oz. package only

Any brand of:

- Black beans
- Garbanzo beans (chick peas)
- Kidney beans
- Lentils
- Mongo/Mung beans (green or yellow)
- Pinto beans
- Split peas (green or yellow)

**OR**

## **PEANUT BUTTER:**

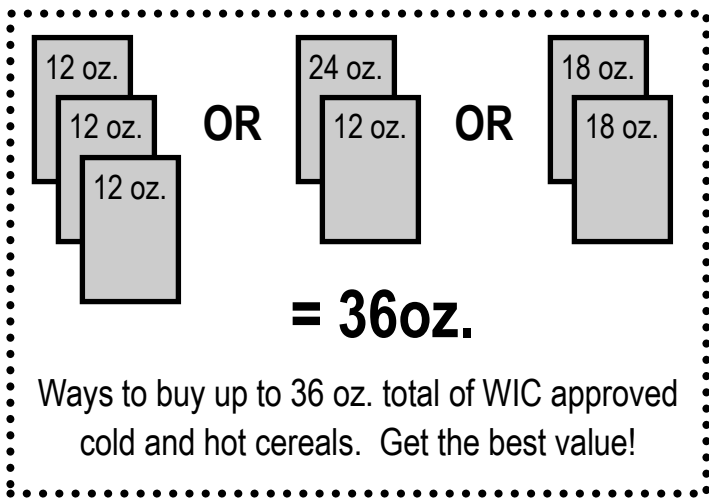
16-18 oz. containers

Any brand is allowed.

All textures allowed (smooth to super crunchy).

# CEREALS

Up to 36 oz. total (minimum box size is 12 oz.)



## COLD CEREAL:

12 oz. or larger boxes up to 36 oz. total

### *General Mills*

- Cheerios – whole grain or multigrain
- Total – whole grain
- Kix – whole grain
- Wheaties

### *Kellogg's*

- All Bran Complete Wheat Flakes
- Mini-Wheats
- Mini-Wheats Bite Size
- Mini-Wheats Unfrosted

### *Post*

- Grape Nut Flakes
- Grape Nuts (16 oz. pkg.)
- Bran Flakes

### *Quaker*

- Life
- Oatmeal Squares
- Quaker Essentials – Crunchy Corn Bran

### *Western Family*

- Wheat Bran Flakes

### *Malt-O-Meal*

- Blueberry Mini Spooners (18 oz. pkg.)
- Strawberry Cream Mini Spooners (18 oz. pkg.)

## HOT CEREAL:

12 oz. or larger boxes/bags up to 36 oz. total

### *General Mills*

- Wheat Hearts

### *Homestead Farms LTD*

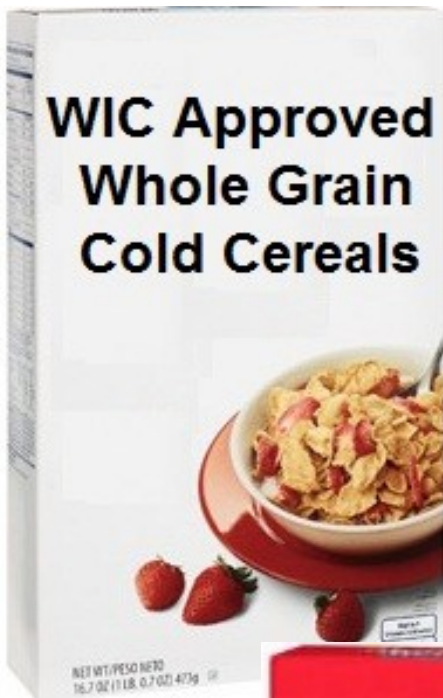
- Maypo Oatmeal – regular or quick

### *Malt-O-Meal Co.*

- Original Malt-O-Meal

### *Western Family*

- Original Instant Oatmeal





# 100% JUICES

## FROZEN JUICE



OR

## SHELF STABLE JUICE



**NO JUICE DRINKS ALLOWED**

### FROZEN:

12 fl. oz. concentrate (2 containers)

*Apple juice*

Seneca Red \* Springfield \* IGA \* Western Family

Treetop \* Old Orchard

*Grape juice*

Welch's \* Western Family \* Old Orchard

*Pineapple juice*

Dole

*Orange juice*

Any brand

### SHELF STABLE:

46 fl. oz. (2 containers)

*Apple juice*

Western Family \* Langers \* Motts \* Treetop \* IGA

Hansen's \* Seneca Red \* Ruby Kist \* Springfield

Juicy Juice (Nestle)

*Grape juice*

Welch's (grape; concord, red, or white grape) \* Hansen's

IGA (red or white grape) \* Western Family \* Langers

Ruby Kist \* Donald Duck \* Springfield

Juicy Juice (Nestle)

*Grapefruit juice*

Flavorite \* Western Family \* Ruby Kist \* Donald Duck

*Orange juice*

Flavorite \* Tropicana \* Hansen's \* Ruby Kist \* Texsun

Western Family \* Cal-Maid \* Langers

*Pineapple juice*

Western Family \* IGA \* Langers \* Dole \* Hansen's

Springfield

*Tomato juice*

Campbell's \* IGA \* Western Family \* Red Gold

*Vegetable juice*

V8 \* Western Family \* IGA \* Springfield



# EGGS

## ONE DOZEN EGGS



One dozen fresh chicken eggs total/month

### **FRESH CHICKEN EGGS:**

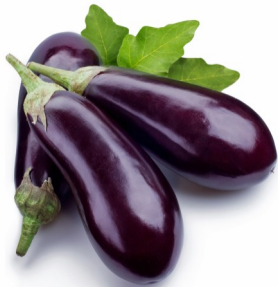
Any brand is allowed.

U.S. grade A or AA.

Small, medium, or large size only.

# FRUITS & VEGETABLES

## Fresh



(AND/OR)

## Frozen



\$10.00/month

### FRESH:

Any brand is allowed.

Locally grown or imported fruits and vegetables.

### FROZEN:

Any brand is allowed.

Combinations of frozen fruits or vegetables. Frozen beans allowed, except beans already authorized under the dry bean category.

Cash Value Vouchers (CVV) for fresh/frozen fruits and vegetables can also be redeemed at WIC approved Farmers Market Nutrition Program (FMNP) sites or roadside stands.

# INFANT FOODS (6-11 MONTHS OLD)

32 4-oz. jars total/month

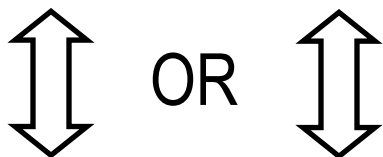
## Infant food fruits and vegetables:

4 oz. jars

Single foods only

Gerber, Beech Nut, Nature's Goodness

**No organic brands**



Up to 18 single 2-packs of 4 oz. jars total/month

## Infant food fruits and vegetables:

Single 2-packs of 4 oz. jars

Single foods only

Gerber, Beech Nut, Nature's Goodness

**No organic brands**

AND

3 8-oz. containers total/month

## Infant cereal:

8 oz. infant cereal packages

Dry single grain

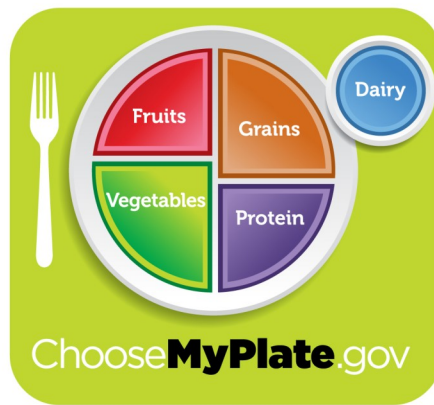
No fruit added

Gerber **OR** Beech Nut: barley, oatmeal, rice, wheat

**No organic brands**



# *Eat Healthy! Shop Smart!*



**While we try to keep the Guam WIC Shopping Guides up-to-date, changes occur. A current copy may be found and downloaded from the Department of Public Health & Social Services (WIC Program section) web site at <http://www.dphss.guam.gov/content/women-infants-children-wic-program>. You can also get a current copy from your local WIC clinic.**

**Tiyan: 475-0295/6  
Dededo: 635-7471/2  
Mangilao: 735-7180/1  
Santa Rita: 565-3537  
Inarajan: 828-7550**

**Developed by the Guam WIC Program  
Department of Public Health & Social Services**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all of part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.